Limited Thyme Sale

Starts Thursday 10/9 at 10am through Sunday

All Varieties of

Marinated Antibiotic Free Chicken Breast

$5.99 LB

while supplies last

Limited Thyme Sale

Starts Thursday, 10/9 at 10am through Sunday

Certified Angus Beef®

Bone in T-Bone Steak

$13.99 LB

while supplies last

Sale

Check out our digital ad online for even more offers!

FRESH THYME MARKET

FRESHNESS GUARANTEED
100% MONEY BACK

30% OFF All Vitamins and Body Care
Sale October 15–21
*Pre-order in-store October 3–14
Excludes clearance items

1.49 LB Honeycrisp Apples
sold in tote bags and bulk

BUY ONE GET ONE FREE
All-Natural Baby Back Pork Ribs
previously frozen, equal or lesser value free

Mexican Hass Avocados
medium
79¢

Raspberries or Blackberries
6 oz
2/$5

Grapery
Moon Drop, Gum Drop, Tear Drop or Cotton Candy Grapes
3.99 LB

Fancy Yellow or Zucchini Squash
99¢ LB

Angel Sweet Tomatoes Pint or Mini Seedless Cucumbers
16 oz
1.99

MIX OR MATCH
Jumbo Jack-o'-Lantern or Heirloom Pumpkins
2/$10

Certified Angus Beef® Bone-in New York Strip Steak
13.99 LB

Fresh Thyme Whole Chicken, Drumsticks or Thighs
1.99 LB

Jumbo 16/20 ct Raw EZ Peel Shrimp*
sold only in 2 lb bag
5.99 LB

Fresh Atlantic Salmon Fillets
8.99 LB

IT'S A SOUPER SALE
25% OFF
All Soup
hot or cold varieties, 1.2-43 oz

OVER 150 OPTIONS!

Sunnie Sunflower Butter and Jam, Pizza or Cocoa Protein Snacks
2–3 oz
2/$7

BelGioioso Ricotta or Mascarpone
8–16 oz
BUY ONE GET ONE FREE

Rumiano Organic Cheese
select varieties, 8 oz
BUY ONE GET ONE 50% OFF

Golden Cannoli Cannoli Chips and Dip
10 oz
7.49

WHEN YOU BUY 3 OR MORE
Olipop Prebiotic Soda
quantities less than 3 are regular price
3/$6

Alec's or Yasso Culture Cup or Frozen Yogurt Bars
14 oz or 4 pk.
5.99

Rao's Frozen Pizza
18.3–20.8 oz
8.99

Magic Spoon Cereal or Granola Treats
4 count, 5.5–8 oz
7.99

Carbone Pasta Sauce
15–24 oz
6.99

De Cecco Pasta
16 oz
2/$5

Aloha Organic Nutrition Bar
10–1.98 oz
2/$5

Kettle Avocado Oil or Classic Potato Chips
3.99

MY THYME REAL REWARDS
DIGITAL COUPON
$8.99
-$2.00

Hatfield Carnitas Dry Rubbed Pork Roast
32 oz, *limit 2*

6.99
AFTER DIGITAL COUPON

MY THYME REAL REWARDS
DIGITAL COUPON
$11.99LB
-$1.00

Large Snow Crab Clusters
limit 10 lbs

10.99LB
AFTER DIGITAL COUPON

MY THYME REAL REWARDS
DIGITAL COUPON
$3.99
-$1.00

Fresh Thyme Cage-Free Large Brown Eggs
1 dozen, limit 2

2.99
AFTER DIGITAL COUPON

MY THYME REAL REWARDS
DIGITAL COUPON
$2.99
-$1.00

California Strawberries Clamshell
1 lb, limit 2

1.99
AFTER DIGITAL COUPON

MY THYME REAL REWARDS
DIGITAL COUPON
$1.49LB
-$0.50

Broccoli Crowns or Cauliflower
limit 6 lbs

99¢ LB
AFTER DIGITAL COUPON

MY THYME REAL REWARDS
DIGITAL COUPON
$3.99
-$1.00

Fresh Thyme Granola
12 oz, limit 2

2.99
AFTER DIGITAL COUPON

MY THYME REAL REWARDS

MEMBER SAVINGS WEEK

To redeem, clip coupons in the Fresh Thyme app

Birthday Offer

Weekly Coupons

Exclusive Member Sales

Join today!

Organic Blueberries Clamshell
6 oz
2.99

Organic Honeycrisp Apples Bulk
1.99 LB

Organic Carrots
1 lb bag
3.99

All-Natural Boneless Skinless Chicken Tenders
3.99 LB

Sea Cuisine Marinated Salmon or Tilapia Entrees
9–10.5 oz
7.99

WHEN YOU BUY 2 OR MORE

Northern Chef Shrimp or Calamari Appetizers
9–10 oz, quantities less than 2 are $5.99
2/$10

Boar's Head
No fillers, artificial colors, flavors, or trans fats. Always gluten free

10.99 LB
Boar's Head Ovengold Turkey Breast

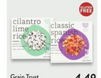
8.99 LB
Boar's Head Lower Sodium Deluxe Cooked Ham
Boar's Head Plain or Dill Horseradish Cheese.....9.99 LB

13.99 LB
Boar's Head Corned Beef Top Round

20% OFF
These Vitamin, Body Care and Supplements
entire lines on sale

Method Body Care and Cleaners
Alaffia Body Care
One With Nature Body Care
Bare Performance Nutrition Sports Nutrition Support

Greek Gods Greek Yogurt
32 oz
4.99



Grain Trust Frozen Vegan Rice
20–25 oz
4.49

Evergreen Frozen Mini Waffles
9 oz
4.99

San Pellegrino Italian Sparkling Drinks
6 pk, 7.5 fl oz
5.99

Pip's Twists, Fries or Cheese Balls
4.5–5 oz
2/$7

Equal Exchange Organic Fair-Trade Coffee
12 oz
14.99

Wiley Wallaby Soft & Chewy Licorice
7.05 oz
2/$5

Near East Rice or Grain
4.7–10 oz
2/$5

Gorgie Sparkling Energy Drinks with Benefits
12 oz
2/$5

Simple Mills Baking Mixes
9–12.5 oz
6.99

Fresh Thyme Organic Kombucha
16 oz
2/$5

Free AF Non-Alcoholic Seltzer
select variieties, 6 pk, 8.4 oz
11.99

find your closest store, shop the ad for pickup or delivery, or learn more here

We're Hiring | Employee Uber Eats

Prices valid 10/8/25-10/14/25 at our Michigan locations

it's always fresh to recycle

MADE 1 WAY. ARE APPLIANCES AND AIRS ARE APPLIANCES. ARE

We reserve the right to correct pricing errors. Not all items available in all stores. We reserve the right to limit quantities. Bottle deposit is in addition to the price shown, where applicable. Beer and wine purchases are subject to state laws. 80% and 40% available in Hops and Grapes liquor store locations only. 750 max of 750 fl. oz. of beer and 3,000 mL of wine can be purchased at any one time.

Jumbo California
Black Seedless Grapes
shop
produce
2.49 LB
Large California
Black Plums
Large California
Yellow Peaches
Jumbo California
Red Seedless Grapes
Jumbo California
Green Seedless Grapes

Kettle and Fire
Cooking Beef Broth
32 oz
4.99
Kettle & Fire
BEEF BROTH
Fresh Cilantro
99¢
Fresh Thyme
Organic Spices
select varieties
3.99
Stella Artois
Beer
6 pk, 11.2 oz
CHECK YOUR LOCAL STORE FOR PRICING
STELLA ARTOIS
Bulb Fresh Garlic
89¢
Fresh Thyme
Oyster Crackers
9 oz
2.99
Fresh Thyme
Organic 85% Lean Ground Beef
16 oz
9.49
FRESH THYME MARKET
FREE FROM
ORGANIC
GROUND BEEF
Daisy
Sour Cream
8 oz
1.79
Daisy
SOUR CREAM
Pure & Natural
IMPOSSIBLE
BURGER
MADE FROM PLANTS
Impossible
Ground Burger
12 oz
6.49
IT'S CHILI THYME
Jalapeños
1.99 LB
Fresh Thyme
Organic Canned Beans
15 oz
1.99
Tillamook
Cheddar Cheese Bars
7-8 oz
5.99
Tillamook
ORGANIC DARK RED KIDNEY Beans
ORGANIC TOMATO Paste
Fresh Thyme
Organic Tomato Paste
6 oz
1.49
GLUTEN FREE
Bob's Red Mill
CORNBREAD Mix
Bob's Red Mill
Cornbread Mix
20 oz
4.49
Fresh Thyme
Organic Tomato Sauce
15 oz
1.69
Celery
1.29
ORGANIC TOMATO Sauce
Fresh Thyme
Organic Canned Tomatoes
28 oz
2.69
ORGANIC CRUSHED Tomatoes with BASIL
White Onions
99¢ LB

OCTOBER IS SEAFOOD MONTH

Get Hooked on Seafood

Dive into National Seafood Month at Fresh Thyme, where our sea-riously wide selection of seafood is ready to make a splash on your plate!

21.99 LB

Fresh Regal King Salmon Fillet

GREAT BASE FOR NON-ALCOHOLIC MOCKTAILS
SOBER OCTOBER
Crave the flavor, not the hangover. Enjoy delectable wines, refreshing beers, and vibrant mocktails—all alcohol-free.
SHOP NOW
NON-ALCOHOLIC PARCH AGAVE COCKTAIL
PRICKLY PALOMA
FRE
GIESEN
KIN EUPHORICS
THREE SPIRIT
Livener
T:OST
Maison Perrier
CREATED BY Maison Perrier FRANCE
BLACKBERRY FLAVORED SPARKLING WATER
0 CALORIES 0 SWEETENERS
NEW!
8x CANS 11.15 FL OZ
GUINNESS 0
NON ALCOHOLIC DRAUGHT
BUBBLY ROSE
RITUAL ZERO PROOF

CRISP FALL MORNING
try this essential oil recipe today!
4
FRESH THYME
FARMERS MARKET
BERGAMOT
Citrus bergamia
UPLIFTING
100% PURE ESSENTIAL OIL
1 FL OZ (30mL)
3
FRESH THYME
FARMERS MARKET
CEDARWOOD
Juniperus mexicana
HARMONIZING
100% PURE ESSENTIAL OIL
2
FRESH THYME
FARMERS MARKET
FRANKINCENSE
Boswellia sacra
MEDITATIVE
100% PURE ESSENTIAL OIL
ADD THE DIRECTED AMOUNT OF DROPS TO YOUR DIFFUSER FOR A SCENTSPLOSION!

even more

Vitamin and Body Care Savings

COOKING WITH DIETICIAN MEGHAN

Butternut Squash Risotto

Thursday, October 9th
6:00 p.m. CT / 7:00 p.m. ET

LEARN MORE

Simple Nutrition, *Kid*-Approved

Tasty, **sugar-free** gummies with essential vitamins and nutrients—because healthy habits should be easy.

CHILDLIFE ESSENTIALS

childlifenutrition.com